

TEMPERATURE GUIDE

<u>Temperature Range</u>	<u>10-inch Coal Needs</u>	<u>12 –inch Coal Needs</u>
250-300 Low	8 top/6 below	10 top/8 below
300-350 Medium	10 top/7 below	12 top/9 below
350-400 Hot	12 top/8 below	14 top/10 below
400-450 Very Hot	14 top/9 below	16 top/12 below



IOWA STATE FAIR RECIPES

2014

DUTCH OVENS

Dutch oven cooking is a great way to add a little excitement to your camping or home cooking experience. If you are interested in this type of cooking, research the internet or purchase some books specifically on Dutch ovens. Don't get frustrated if you burn something the first time, just try and try again. Once you have that first successful delicious lasagna, you'll be hooked. Here are some things remember.

- If you purchase an unseasoned oven/fry pan, wash with soap and water and then season it well. It will get better seasoning the more it is used.
- Always remember to wipe down the oven and remove all moisture. Coat lightly with a layer of oil (no natural lards). Place a piece of paper towel between the lid and oven. This will keep air flowing through and the oven from rusting.
- If something is burned on/stuck clean it until it is removed, look to see if you need to re-season and try again!

DUTCH OVEN CHEESEBURGER ROLLS

Dough:

1 1/2 Cups Warm Water	1 Tbs Yeast
2 Tbs Sugar	3 1/2 Cups Flour
1/2 tsp Salt	

Mix all ingredients in a bowl and knead for 3 minutes. Cover and let rise for 30 minutes.

Filling:

1 1/2 Cup Onions	1 Clove Garlic
1 Pound Ground Beef	2 Tbs Ketchup
4-5 Roma Tomatoes, Diced	2 Tbs Dijon Mustard
2 Cups Cheddar Cheese	1/4 Cup Dill Pickles

Brown the ground beef and add all the remaining ingredients. Slice raised dough into 18 small pieces. Flatten each piece and fill with the cheeseburger mix. Close up the dough and pinch the sides placing that side down into a greased 12-inch Dutch oven. Brush melted butter over the top and bake at 375 degrees for 20-25 minutes.

SWEET POTATO FRIES

1 Pound Sweet Potatoes	2 Tbs Oil
1/2 tsp Cumin	1/2 tsp Oregano
1/2 tsp Coriander	1 tsp Salt
1 tsp Parsley	1/8 tsp Black Pepper
2 Tbs Cornstarch	

Peel sweet potatoes and slice as similarly sized as possible to allow for an even baking. Place about a 1/4 of the sweet potatoes in a Ziploc bag. In another small container place the cornstarch and the seasonings and combine. To the Ziploc bag add some of the cornstarch/seasoning mixture and oil. You want to coat the sweet potatoes lightly.

Place the coated sweet potatoes into a lightly greased 12-inch Dutch oven and then repeat the process with the rest of the cut sweet potatoes. Don't over crowd as that can lead to soft fries instead of crispier fries. Bake for 15 minutes at 425 degrees and then flip so that they can brown up on all sides. Cook for another 15—20 minutes. Serve with honey mustard or blue cheese dipping sauces.

GLAZED PITA CHIPS AND FRUIT SALSA

Fruit Salsa:

1 Cup Strawberries, Diced	1 Cup Pineapple, Diced
1 Cup Fresh Blueberries	1 Cup Watermelon, Diced
1/4 Cup Honey	4 Tbs Limeade Concentrate
2 tsp Poppy Seeds	

Cut up all fruit and mix together. Whisk together the honey and limeade and pour over the cut fruit mixture. Top with poppy seeds and fold in.

Pita Chips:

Combine 4 Tbs brown sugar, 1 tsp cinnamon and 1/8 cup finely chopped toasted almonds and set aside. Melt 1 Tbs butter and set aside. Take small round flour tortillas and cut into strips or wedges. Place in the Dutch Oven and brush melted butter onto each piece. Top with the brown sugar, cinnamon and nut mixture and place lid on the oven. Bake at 350 degrees for 10-12 minutes until the edges are browned and the brown sugar on the top is melted and bubbly. Take out and let cool. Repeat with other tortillas until you have enough to feed your guests.